

Innovative Mode and Practice of Psychological Education Characteristics in Universities from the Perspective of Five Educations — Taking Xi'an Physical Education University as an Example

Danning Su

Xi'an Physical Education University, Xi'an, Shaanxi, China

Abstract: In the context of the new era of education, mental health education in universities has become increasingly important. The combination of five aspects of education provides a new direction for psychological education in universities. Based on the characteristics of physical universities, Xi'an Physical Education University deeply integrates moral education, intellectual education, physical education, aesthetic education, and labor education into psychological education work. A psychological education model with sports characteristics has been formed through measures such as building a hierarchical guidance system, innovating the integration mode of sports psychology, carrying out aesthetic education and labor education practices, and creating a peer mutual assistance network. This model not only improves students' mental health level, but also cultivates their sound personality and positive spiritual qualities, providing valuable experience for psychological education in universities.

Keywords: Five Educations Development; Higher Education Institutions; Psychological Education; Innovative Paths

1. Moral Education Guidance: Building Layered Guidance Psychological Education System

1.1 Accurately Identifying Students' Needs

Xi'an Physical Education University has established a hierarchical psychological education system based on the psychological characteristics and growth needs of students at different stages of education. Undergraduate students generally have problems with unclear professional knowledge and career planning,

while graduate students face the dilemma of unclear academic directions and unclear employment paths. In response to these pain points, the college has created a differentiated content matrix and launched a series of brand columns such as "Professional Decoder" and "Research Methodology". For example, in the "Professional Enlightenment Column", invite subject leaders to break down the prospects of their majors, allowing students to understand the development direction and employment prospects of their majors; In the "Skill Enhancement Column", practical tutorials are provided to help students improve their professional skills and enhance their competitiveness in employment^[1]. For graduate students, relying on the "Academic Navigation Bar" to guide research methods, inviting experts and scholars to share research experience and skills; The "Innovation Empowerment Column" showcases scientific research achievements and stimulates students' innovative thinking and research enthusiasm; The "Employment Empowerment Column" shares diverse experiences, invites alumni and industry experts to introduce the dynamics of the job market and job seeking skills, and helps students clarify their employment direction.

1.2 Building Ladder of Growth and a Pathway for Advancement

The undergraduate section has built a growth ladder from cognition to planning. Through systematic curriculum design and practical activities, guide students to gradually understand their majors and careers, and develop reasonable career plans. For example, organizing professional cognitive lectures, career planning competitions, and other activities to enhance students' cognitive level and planning ability through practice^[2]. The graduate program has created an advanced pathway from academia to

employment. In terms of academia, strengthen scientific research training to improve students' scientific research ability and academic level; In terms of employment, we offer employment guidance courses, internships, and practical activities to help students accumulate practical experience and enhance their employability. For example, organizing graduate students to participate in research projects, encouraging the publication of academic papers, and enhancing academic influence; Cooperate with enterprises and institutions to establish internship bases, provide internship opportunities for students, and enhance their employment competitiveness.

2. Sports Empowerment: Exploring New Model of Integrating Sports Psychology into Education

2.1 Developing Distinctive Psychological Projects

Xi'an Physical Education University, relying on the school's mental health center, has developed characteristic projects such as "Exercise Stress Relief Workshop" and "Team Psychological Expansion" to cater to the psychological characteristics of sports majors. The "Exercise Stress Relief Workshop" designs various exercise programs, such as running, aerobics, yoga, etc., to help students release stress and regulate emotions during exercise. For example, during running, students can focus on their breathing and pace, shifting their attention away from the pressure of studying and living, achieving a relaxing effect on their body and mind. Team psychological expansion "cultivates students' teamwork spirit and communication skills through organizing team games and challenge activities, such as tug of war competitions, relay races, and expansion training. In activities, students need to cooperate and support each other to complete tasks together, thereby enhancing team cohesion and sense of belonging.

2.2 Enhancing Psychological Resilience and Team Cohesion

These characteristic projects have provided individual counseling and group counseling for students over a hundred times, effectively enhancing their psychological resilience and team cohesion. In individual counseling, psychological teachers provide targeted psychological support and guidance based on

students' specific situations, helping them solve psychological problems and enhance their psychological adjustment abilities. For example, for students who feel frustrated due to losing a competition, the psychological teacher helps them view failure correctly, build confidence, and return to training and competition through listening, guidance, and encouragement. In group tutoring, through team activities and interactions, students can feel warmth and support in the collective, cultivate a positive attitude and teamwork spirit. For example, in team building training, students overcome difficulties and challenges together, enhance mutual trust and understanding, and improve team cohesion^[3].

2.3 Combining Scientific Research with Practice

The members of the studio formed a "Psychological Education Research Group" to conduct research on the mental health issues of sports students. At present, multiple related papers have been published, providing theoretical references for psychological education in sports colleges. For example, the research team proposed targeted psychological intervention strategies through investigating and analyzing the psychological stressors of sports students, providing a scientific basis for schools to carry out psychological education work. At the same time, applying scientific research results to practice, continuously optimizing the design and implementation of characteristic projects, and improving the effectiveness of education. For example, adjusting the exercise program and intensity of the exercise decompression workshop based on research results to better meet the psychological needs and physical condition of students^[4].

3. Aesthetic Education Immersion: Creating Positive Psychological and Cultural Atmosphere

3.1 Organizing Diverse Art Activities

Xi'an Physical Education University cultivates students' aesthetic taste and allows them to release emotions and relieve stress through activities such as designing mental health themed posters, emotional release and kneading music, and creative mandala painting and weaving. The mental health themed poster design activity encourages students to use their

paintbrushes to express their understanding and insights on mental health, and to convey positive psychological information through the combination of colors and patterns. The emotional release kneading music activity allows students to release their negative emotions by kneading various shapes of kneading music, achieving the effect of relaxing their body and mind. The creative mandala painting and weaving activity allows students to focus on current creation and feel inner peace and tranquility while drawing and weaving mandalas.

3.2 Carrying out Art Therapy Courses

The school offers art healing courses such as tea art therapy and music therapy, allowing students to appreciate beauty and cultivate their souls through artistic experiences. The Tea Art Therapy Course teaches students tea art knowledge and skills, allowing them to experience the profoundness of tea culture during the process of brewing and tasting tea, cultivate concentration and patience, and relieve pressure in learning and life^[5]. Music therapy courses guide students in relaxation training and emotional regulation by playing different types of music. For example, playing gentle and soothing music, asking students to close their eyes, relax their bodies, feel the beauty of music, and relieve tension; Play passionate and uplifting music to stimulate students' fighting spirit and enthusiasm, and enhance their confidence.

4. Labor Education Practice: Cultivating Healthy Psychological Qualities Through Labor

4.1 Offering Labor Education Courses

Xi'an Physical Education University offers a compulsory course on "Labor Education", which integrates production practice, professional practice, social practice, and life practice, allowing students to experience hardships through labor, hone their minds, and grow into individuals with independent living abilities. In terms of production practice, organize students to participate in campus greening, environmental sanitation cleaning and other activities, so that students can understand the value and significance of labor, cultivate a sense of responsibility and environmental awareness. In terms of professional practice, combined with

the characteristics of sports majors, practical activities such as sports equipment maintenance and sports field maintenance are carried out to enable students to apply their learned knowledge to practical work, improve professional skills and practical abilities. In terms of social practice, organizing students to participate in volunteer service activities such as community service, caring for vulnerable groups, etc., enables students to enhance their sense of social responsibility and dedication in the process of serving others. In terms of practical life, life skills training activities such as cooking, laundry, and housekeeping are carried out to enable students to master basic life skills and improve their ability to live independently^[6].

4.2 Carrying out Characteristic Labor Activities

In the spring of 2024, the school will combine horticultural therapy with labor and launch the "Spring Potted Planting Plan", distributing more than 500 pots of seeds. Students personally plant potted plants, observe the growth process of plants, record growth diaries, experience the growth and changes of life through labor, and cultivate patience and responsibility. During the planting process, students need to regularly water, fertilize, and trim the plants, pay attention to their growth status, and solve problems in a timely manner. Through these activities, students not only learn horticultural knowledge and skills, but also experience the joy and sense of achievement of labor, enhancing their sense of self-identity and value.

4.3 Promoting the Improvement of Psychological Qualities

Labor education practice enables students to exercise their willpower and cultivate their perseverance through practical operations. When facing difficulties and challenges in labor, students need to persistently work hard, overcome difficulties, and complete tasks. For example, when carrying out campus greening work, students need to dig pits, plant trees, water and other tasks in hot weather, which consumes a lot of physical energy. However, through persistent labor, students exercise their willpower and enhance their physical fitness. At the same time, labor education practice also teaches students to cherish the fruits of labor, respect the working people, and cultivate a grateful heart. During the process of

participating in labor, students deeply experience the hardships and difficulties of labor, and thus cherish their own and others' labor achievements more, respecting the efforts of every worker.

5. Peer Support: Building Psychological Support Network

5.1 Cultivating Professional Peer Teams

Xi'an Physical Education University has launched a school wide training program for peer psychological committee members to enhance the professional competence of each class's psychological committee members and dormitory information liaison officers, master helpful skills, and better serve students, building a psychological bridge between students and teachers. The training content includes knowledge of mental health, communication skills, crisis intervention methods, etc. Through theoretical explanations, case analysis, role-playing, etc., peer psychological committee members and dormitory information liaison officers will master basic psychological counseling skills and methods. For example, in communication skills training, by simulating consultation scenarios, students can practice communication skills such as listening, expression, and feedback to improve their communication abilities^[7].

5.2 Giving Full Play to the Unique Role of Peer Support

The class psychological committee organizes the promotion of class mental health knowledge, themed class meetings, quality development activities, psychological crisis warning, etc. The dormitory psychological liaison officer plays a role in crisis warning, peer support, and psychological protection. The class psychological committee regularly carries out mental health knowledge promotion activities in the class, by holding lectures, distributing promotional materials, etc., to popularize mental health knowledge to students and improve their awareness of mental health. Organize themed class meetings, focusing on mental health topics such as stress management, emotional regulation, interpersonal relationships, etc., to conduct discussions and exchange activities, allowing students to share their experiences and feelings, learn from each other, and support each other. Carry out quality development activities, such as outdoor activities, team games, etc., to enhance

class cohesion and teamwork spirit. The dormitory psychological liaison officer closely monitors the psychological status of dormitory students, promptly discovers their psychological problems, reports them to teachers, and provides peer support and psychological protection to create a good dormitory psychological atmosphere.

5.3 Forming Collaborative Effort of Education

The peer mutual aid network forms a collaborative effort with the school's mental health center, counselors, and others to jointly focus on students' mental health. When peer psychologists and dormitory information coordinators discover that students have psychological problems, they should promptly communicate with counselors and mental health center teachers to jointly develop intervention plans and provide timely and effective psychological support and assistance to students. For example, for students who have serious psychological problems, peer psychological counselors and dormitory information coordinators can assist teachers in accompanying and monitoring them to ensure their safety; At the same time, cooperate with teachers to carry out psychological counseling and treatment work, and help students recover their mental health as soon as possible. Through this collaborative education mechanism, a comprehensive and multi-level psychological support network has been formed to safeguard students' mental health.

6. Conclusion

Under the perspective of promoting five aspects of education, Xi'an Physical Education University has developed a psychological education model with sports characteristics through a series of innovative measures, including building a hierarchical guidance system guided by moral education, exploring the integration mode of sports empowerment, creating a cultural atmosphere infused with aesthetic education, cultivating healthy qualities through labor and education practice, and building a support network for peer mutual assistance. This model organically integrates the five educations into the entire process of psychological education, effectively improving students' mental health and comprehensive quality, cultivating their sound personality and

positive spiritual qualities. This model not only provides useful exploration and practical experience for the psychological education work in sports colleges, but also provides a model for other universities to carry out psychological education work, which has important practical value and demonstration significance in the field of psychological education in universities.

Acknowledgments

This research belongs to the Youth Project of Shaanxi Province's 14th Five Year Plan for Education Science in 2024. The project is titled "Research on the Practice Path of Psychological Education in Universities from the Perspective of Five Educations"—Taking Xi'an Physical Education University as an Example (SGH24Q438). The project leader is Danning Su.

References

- [1] Zhao Xiaofan. Exploring the Construction and Path of Psychological Education System from the Perspective of "Five Education and Development"[J]. Shanxi Youth, 2025, (16):84-86.
- [2] Zhang Yan. Preliminary Exploration on the Construction of Peer Psychological Workshops in Vocational Colleges from the Perspective of "Five Education"[J]. Journal of Wuhan Shipbuilding Vocational and Technical College, 2025, 24 (04): 85-90.
- [3] Yan Hongxia, Xu Mingxin. Innovation and Practice of the Psychological Education System of "Five Education" in Colleges and Universities[J]. Science and Education Guide, 2025, (18):128-130.
- [4] Liang Ying, Liang Dong. Research on Optimizing the Path of Cultivating Positive Psychological Quality of College Students from the Perspective of "Five Education and Development"[J]. Journal of Mudanjiang Education College, 2025, (02):65-67.
- [5] Zhu Wenqi, Jin Yixiang, Yu Zhiying. Research on the Construction of Psychological Health Education Curriculum in Colleges and Universities from the Perspective of the Integrated Education System of "Five Education"[J]. Popular Literature and Art, 2025, (03):150-152.
- [6] Ye Chunyan, Gao Lili, Yin Chao. Research on the Optimization of Psychological Education Path in Vocational Colleges under the Background of "Five Education and Development"[J]. Taste & Classic, 2024, (19):130-133.
- [7] Zhang Xiaogang, Li Lin, Kong Jiahao. Exploration of the Path of Psychological Education in Higher Education Institutions from the Perspective of Five pronged Development[J]. Journal of Henan University of Technology (Social Sciences Edition), 2024, 25 (01): 97-102.